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'IN MY HEART, I'M FILIPINA,' SAYS PREMIER CHRISTY CLARK AT A FIESTA CELEBRATING PHILIPPINE INDEPENDENCE DAY PAGE 3

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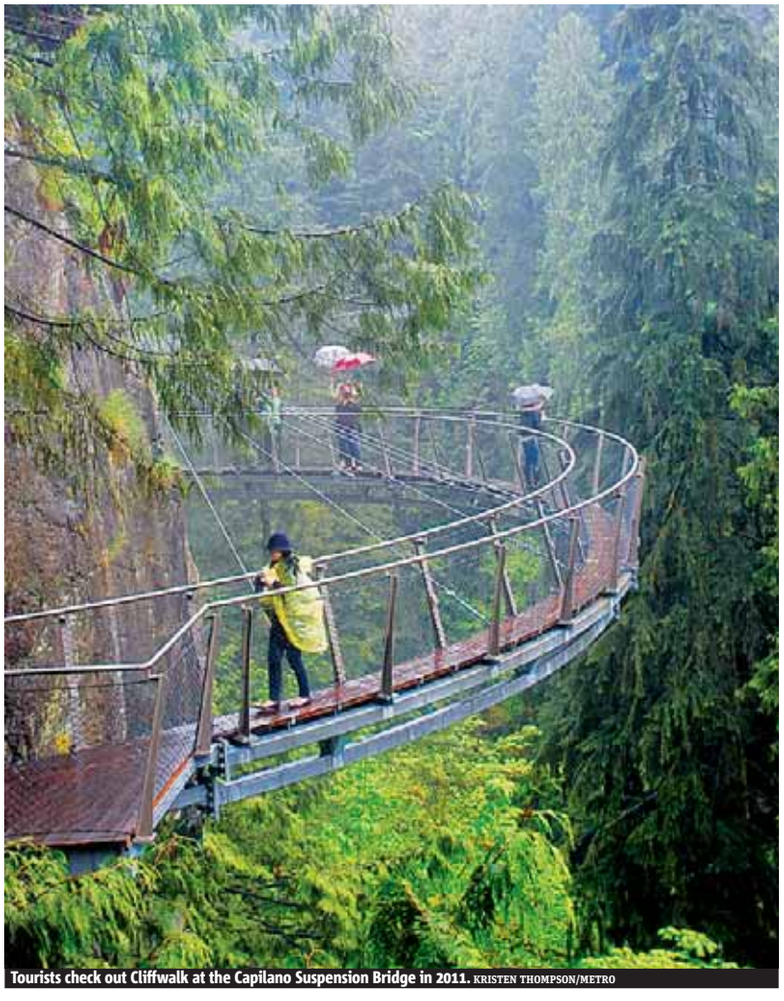

Tourists check out Cliffwalk at the Capilano Suspension Bridge in 2011. KRISTEN THOMPSON/METRO

Tourist dies in Capilano fall

No police investigation. Victim is an Ontario man, 30, who had been on vacation with family

MATT KIELTYKA
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Police and Capilano Suspension Bridge staff are extending their condolences to the family of an Ontario tourist who fell 200 feet to his death Saturday.

The 30-year-old man, whose name has not been released, apparently climbed over the railing of the park's suspended Cliffwalk feature but slipped and fell onto the canyon floor below. The victim, from St. Catharines, Ont., had been on vacation with extended family.

North Vancouver RCMP say they're looking into whether the man had climbed over the safety fencing to retrieve a credit card.

"We were taking statements from witnesses and heard (about the credit card) as well," said RCMP spokesperson Cpl. Richard De Jong on Sunday. "It's a very tragic incident, but it's not a police investigation at this point as there doesn't seem to be any criminal intent."

Sue Kaffka, vice-president of sales and marketing at the Capilano Suspension Bridge, said the park was closed for the rest of the day as police investigated and North Shore Search and Rescue crews recovered the man's body.

"We're very saddened by the incident, it's a terrible tragedy," said Kaffka. "Safety is very important to us, there are signs in seven languages all over the park telling people to stay within the boundaries. They're at each of our attractions and all over the park itself."

The park, a popular tourist destination, was re-opened Sunday, and counsellors were on scene to help any traumatized staff.

In June 2010, American student Daniel Cho, 17, fell to his death in the park during a class trip.

Cho was found to be on drugs at the time and also jumped the safety fencing.

The death was determined not to be a safety issue for the park, but Kaffka said Capilano Suspension Bridge still made changes to their safety protocols after the incident, including having chaperones follow school groups through the park.

Parisians say they've spotted Magnotta

French police are investigating claims by people who believe they saw the suspect wanted in a grisly Montreal murder PAGE 6

All passengers die in Nigeria plane crash

A commercial airliner crashes into a neighbourhood in Lagos, killing all 153 people on board and others on the ground PAGE 8

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Marking autonomy with an outpouring of Pinoy pride

Party in the park. Vancouver's Filipino community gathers to celebrate Philippine Independence Day

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There was an abundance of Pinoy food, music and fun as members of the Vancouver Filipino community celebrated 114 years of independence on Sunday.

Premier Christy Clark, along with Consul General of the Philippines Jose Ampeso, joined the Pista ng Bayan celebration at Slocan Park in honour of Philippine Independence Day, marking the country's independence from Spanish rule.

"I may not look like (American Idol finalist) Jessica Sanchez," Clark said in her remarks. "I tell you I can't sing like her. But in my heart, I'm Filipina."

"The Filipino community is incredibly hardworking and makes a big economic contribution, but the biggest contribution (they) make is the love of family and the sense of how important it is that we raise children with character," she added.

Clark also mentioned her "short but successful" trip to the Philippines as part of her second trade mission to Asia.

"The Philippines is about 45th in the world, but we believe it will move up to the 15th largest economy in the world," Clark said.

"The connections between British Columbia and the Philippines will only grow because of the connections we have between our two peoples."

Hundreds of people enjoyed one of the biggest potlucks in the Greater Vancouver area. The event overflowed with lechon, or roasted pork, and other Filipino delicacies like pancit and menudo. It also featured the Parada ng Lechon, the culinary centerpiece of many Filipino town fiestas.

Vancouver-Kensington MLA Mable Elmore, the first MLA of Filipino descent, said this celebration exemplifies the unity and community spirit within the Filipino community.

"Here in Vancouver, the Filipino community is also striving to find our place, to play a bigger role, to have that recognition and to have the community participate with all our potential and skills," she said.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Quoted

"Here in Vancouver, the Filipino community is also striving to find our place, to play a bigger role."

Vancouver-Kensington MLA Mable Elmore, the first MLA of Filipino descent

Members of the Filipino community, dressed in Ati-Atihan attire, celebrate 114 years of independence from Spanish rule at the annual Pista ng Bayan festivities at Slocan Park Sunday. PHYLICIA TORREVILLAS/METRO

Coast guard casualties. Volunteers trapped under boat in provincial park known for its turbulent tidal rapids

Two adult female coast-guard volunteers are dead after a boating accident near Sechelt Sunday morning.

Navy and Coast Guard rescue crews scrambled to Skookumchuck Narrows at 11:30 a.m. after reports that an inflatable boat had capsized in the water. The boat contained four members of the Royal Canadian Marine Search and Rescue, who were heading through rapids when the accident occurred, according to RCMP.

The responding crews — a helicopter, one airplane and a Coast Guard vessel — managed to rescue two adult males as soon as they found the overturned boat, but also recovered the bodies of two women who had apparently been trapped underneath the boat.

"That is our understanding at the moment, that they were trapped under the hull," said Capt. Annie Djiotsa, a public affairs officer with the Royal Canadian Navy, Sunday afternoon. "We don't know right now what caused the boat to capsize."

Skookumchuck Narrows is a provincial park and features incredible turbulent tidal rapids as water gushes between the Sechelt and Jervis inlets. The three-metre tides see approximately 200 billion gallons of water flow through the narrows, making it a popular, but dangerous, kayaking destination. The park is also a destination for camping, fishing and hiking.

The victims have yet to be publicly identified.

MATT KIELTYKA/METRO

1 NEWS

On the web

Fit for a queen

In photos: More than 1,000 boats sailed down London's River Thames on Sunday in a flotilla tribute to Queen Elizabeth II's Diamond Jubilee. Slideshow at metronews.ca.

Mobile news

Food and culture go hand-in-hand, particularly in the South. Scan the code to read about Southern food's connection to race, class, gender and identity.

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Police tour reassures relative of suspected Pickton victim

Missing women. Officers 'under the microscope of the entire world' now after murder of sex workers, says inquiry attendee

Cara Ellis vanished from Vancouver's Downtown Eastside during the height of police indifference to the women who worked the sex trade in the impoverished neighbourhood.

Lori-Ann Ellis won't say a serial killer couldn't operate in the area again, but as the missing-women inquiry wraps up testimony this week, she feels reassured that this time, someone is there to take such disappearances seriously.

Ellis, Cara's sister-in-law, has attended every day of the missing-women inquiry, learning how dozens of women were picked up from the community and taken to Robert Pickton's farm to be murdered.

Grisly count

- Pickton was convicted of killing six women, but the remains or DNA of 33 women was found on his farm.

Most of Vancouver's missing women disappeared between 1997 and 2002 before Pickton was arrested and his farm was searched.

The missing-person's unit then was housed in the back of the old police building in the centre of the Downtown Eastside, close to where most of the women went missing.

Ellis' original missing-person's report about Cara in August 1998 was lost. Cara's blood was on Pickton's clothing the night he was arrested for attempting to kill a sex-trade worker in March 1997, but the charges were dropped and the clothing wasn't tested until after Pickton was arrested for 26 murders.

Ellis believes things have changed at the missing-person's department in Vancouver. It's no longer a place where people go to retire, she said laughing.

She was given a recent tour of the new seven-member unit, which is in a newer building in east Vancouver.

"I was pleasantly surprised," she said.

The officers explained how they immediately jump on a missing-person report, whether it's a child, an Alzheimer's patient or perhaps someone like Cara, who's life is in danger, she said.

In comparing the old and new units, Ellis said there wasn't anywhere else to go but up after Pickton's killing spree. THE CANADIAN PRESS

Lions still revelling in Grey Cup glory with championship rings

The B.C. Lions' Angus Reid shows off his 2011 Grey Cup ring after a ring-presentation ceremony at the River Rock Hotel and Casino in Richmond on Friday. Each one, made of 10-karat white gold, contains about 180 diamonds and weighs 76 grams. The ring, which marks the club's sixth CFL championship, is the largest in Lions history. RICHARD LAM/THE CANADIAN PRESS

ID. Man eaten by bear was missing murderer

A man whose dead body was partly eaten by a bear on a remote road near Kamloops was a convicted murderer who had been reported missing last week.

The B.C. Coroner's Service and RCMP say Rory Nelson Wagner, 53, had been living in Kamloops before he vanished.

The National Parole Board has confirmed Wagner pleaded guilty to second-degree murder in 1994. He and two others were charged with killing a Langley man in 1993 who they believed had sexually assaulted their family member.

The parole documents show the murder victim was charged with the sexual assault, but was found not guilty shortly before he was killed.

Authorities believe Wagner died by accident or suicide in his car and a bear dragged his body out of the vehicle, ate part of it and buried the rest. THE CANADIAN PRESS

Crime. Family of alleged killer offers sympathies

The family of a man suspected of shooting two people to death in Burnaby and wounding a third man in another incident is reaching out to the relatives of the victims.

Just hours after Mounties issued a public warning and began a manhunt for 26-year-old Angus David Mitchell Wednesday, he was killed in a shootout with police.

Mitchell was wanted in connection with the Sunday shooting deaths inside a sushi restaurant of Huong (Andy) Tran, 36, and Chinh (Vivian) Diem Huyhn, 34, and the Tuesday wounding of his unidentified former landlord.

In a statement issued through Vancouver police Saturday, Mitchell's family said it wants to express its extreme sorrow and heartfelt sympathies to the relatives of the dead.

"Their deaths were truly senseless," the statement said. THE CANADIAN PRESS

Chopper. Crash site a hazard for investigators

Investigators are braving dangerous avalanche conditions while removing the wreckage of a helicopter crash in northwestern B.C.

Three people were killed Friday when the A-Star 350 helicopter went down on Sleeping Beauty Mountain near Terrace.

Police say investigators encountered a small snowslide during the recovery of the bodies Saturday.

They say Transportation Safety Board investigators continue to remove wreckage from the crash site.

Bailey Helicopters has confirmed that one of the pilots who was killed in the incident was 45-year-old Peter Bryant.

Police say they have now identified all three men killed in the crash but won't confirm their identities until next of kin have been notified. THE CANADIAN PRESS

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Manhunt on after Magnotta apparently spotted in France

Body-parts case. French newspaper reports police were able to trace suspect's itinerary through cellphone activity

The suspect in the gruesome killing and dismemberment of a Chinese student in Montreal may have been spotted in France over the weekend but police aren't ruling out the possibility he could still be on the move.

Montreal police confirmed Sunday that Luka Rocco Magnotta was in the European country as recently as Friday.

"The man was seen in France, that's what French authorities told us," police spokesman Ian Lafreniere told reporters.

Lafreniere cautioned that Magnotta may no longer be in France, and wouldn't rule out the possibility he had since returned to Canada or headed elsewhere in Europe.

"He's someone who has been known to travel, so we're not taking any chances and we want to keep an open mind," Lafreniere said. "We've received more than 360 tips — it's huge, people really want to help."

Murder victim Jun Lin FACEBOOK

Magnotta, 29, is wanted in the slaying of Jun Lin, 33, who was a student at Montreal's Concordia University. Lin's torso was found in a suitcase that had been left out for garbage collection outside Magnotta's Montreal apartment last week. Other severed body parts, including a hand and a foot, were mailed to the offices of political parties in Ottawa.

French media reported Sunday that personal belongings of the porn actor were found in a hotel in suburban Paris. The reports said police discovered pornographic magazines as well as air-sickness bags from the flight he took to Paris from Montreal. Police believe Magnotta fled to France on May 26. THE CANADIAN PRESS

A surveillance image provided by Interpol shows a man who authorities believe is Luka Rocco Magnotta at a security checkpoint area. Police are investigating two claimed sightings in France of the Canadian wanted in connection with a gruesome murder in Montreal. INTERPOL/THE ASSOCIATED PRESS

Toronto mall shooting a targeted act: Police

Dozens of people came out for a vigil that was held Sunday night outside of the Toronto Eaton Centre. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Aftermath

- Three other people suffered less serious gunshot wounds and were released from hospital.
- A 28-year-old pregnant woman who was trampled as people rushed the exits was recovering in hospital.
- A makeshift memorial was set up outside the mall Sunday afternoon, with several people stopping to leave messages of grief and sympathy.

The investigation into a deadly shooting rampage that set off a mass panic at Toronto's Eaton Centre focused Sunday on one man police said they believe was behind the brazen attack.

Police said little about the gunman, but confirmed their initial impressions that Saturday's shooting — which killed one and injured several others — was a targeted act.

"One idiot with a gun on a Saturday afternoon in downtown Toronto does not speak to the state of the city.... Please do not gauge the city on what we saw yesterday," acting deputy chief Jeff McGuire told a news conference Sunday.

Police said at least one of the victims had known gang ties but they had yet to determine if the shooting was gang-related.

The man who was killed, identified as Ahmed Hassan, 24, of Toronto, is believed to have gang links, said Det. Sgt. Brian Borg.

"We are investigating this person as well as another individual. It may be that both of them have gang affiliations, or it may be just the one of them, but we do believe that our deceased in this case may have had some gang affiliation," Borg said.

Police did not elaborate on the suspect they are looking for, saying they did not want to influence first-hand accounts still pouring in a day after the attack.

Police were reviewing security video in their hunt for the shooter and interviewing witnesses who were among the hundreds of people in the shopping mall when the gunfire erupted Saturday evening, causing panicked shoppers to charge toward the exit in a wild pandemonium.

Seven people suffered either gunshot wounds or injuries in the stampede. The most seriously wounded is a man, 23, who suffered multiple gunshot injuries to his neck and chest. He remained in hospital in critical condition.

A 13-year-old boy who was visiting Toronto with his family suffered a gunshot wound to his head and remained in critical condition Sunday, though police said his injuries were no longer considered life-threatening. THE CANADIAN PRESS

Military. Tories redraw defence spending plans

The Harper government is redrafting its extensive, multi-billion shopping list of equipment for the Canadian military in an exercise many observers believe will set more sober expectations in a time of austerity.

The revision to the Canada First Defence Strategy is slated to be complete and ready for public consumption by fall, multiple sources have told The Canadian Press.

Although Defence Minister Peter MacKay describes the hallmark plan as a "living document," the reset comes at a time when the government has been hammered politically over the F-35 stealth fighter, an issue that tarnished the fiscally responsible image that the Conservatives try to project.

Defence sources say there is a baseline expectation that the promises made in the original 2008 document will be mostly kept, but whether the government will be buying in the quantities outlined at the height of the Afghan war is another matter.

Insiders believe that a redrafted wish list will take some of the bite out of opposition attacks and restore public confidence rattled by the F-35. THE CANADIAN PRESS

Federal politics

Liberals prepare for leadership race

The federal Liberals may be looking for a new interim leader within a couple of weeks, as the party starts putting events in motion for the next leadership contest.

The current interim leader, Bob Rae, is widely expected to be a candidate if the Liberal party executive OKs his candidacy at a meeting to be held in about 10 days or so.

Liberal party president Mike Crawley says there are also about nine other people who are considering their chances for a leadership run — and that some of them may launch campaigns as soon as July, after the party sets the exact date and spending limits. TORSTAR NEWS SERVICE

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Queen celebrates Diamond Jubilee on the River Thames

London. More than one million spectators line riverbanks in the rain to salute Queen Elizabeth II's 60 years on the throne

The River Thames became a royal highway Sunday, as Queen Elizabeth II led a motley but majestic flotilla of more than 1,000 vessels in a waterborne pageant to mark her Diamond Jubilee.

In a colourful salute to the island nation's maritime past, an armada of skiffs and sailboats, rowboats and paddle steamers joined a flower-festooned royal barge down an 11-kilometre stretch of London's river.

With a crowd of rain-soaked spectators estimated by organizers at 1.25 million, the pageant was the largest public event in four days of celebrations of the monarch's 60 years on the throne. On Monday the queen will join thousands of revellers at an outdoor concert beside Buckingham Palace, headlined by pop royalty including Paul McCartney and Elton John. With any luck, the weather will improve. Sunday was dismal, with rain scuttling plans for a ceremonial fly past, but that didn't stop Union Jack-waving spectators forming a red, white and blue wave along the pageant route.

The queen travelled down a river transformed during her reign from the commercial and industrial heart of London to a tourist's playground.

THE ASSOCIATED PRESS

Protesters

Not everyone in Britain was celebrating. Hundreds of anti-monarchists held a riverbank protest to oppose the wave of jubilee mania — though their chants were quickly countered by renditions of God Save the Queen from pageant-goers.

- "People are sick and tired of being told they must celebrate 60 years of one very privileged, very remote and very uninspiring head of state," said Graham Smith of the anti-monarchist group Republic. "The hereditary system is offensive to all the democratic values this country has fought for in the past."

Queen Elizabeth II watches a flotilla passing her barge with the Duchess of Cambridge, Prince William and Prince Harry. MATT DUNHAM/THE ASSOCIATED PRESS

Military

MacKay defends drone attacks

Canada defended the use of military drone attacks Sunday, saying technological advances have reduced the likelihood of civilian casualties.

Unmanned systems have proved their effectiveness in the decade-long war in Afghanistan and also in NATO strikes in Libya last year, Canadian Defence Minister Peter MacKay said.

"These eyes-on systems ... have increased our ability to decrease civilian casualties," MacKay told an Asian security summit.

THE ASSOCIATED PRESS

Doomsday cult

Tokyo gas attack fugitive arrested

One of the two remaining fugitive members of the doomsday cult behind the 1995 nerve gas attack on Tokyo subways was arrested Sunday, Japanese media reports said. THE ASSOCIATED PRESS

More than 150 killed in Nigerian plane crash

A passenger plane carrying more than 150 people crashed in Nigeria's largest city on Sunday, killing all passengers and crew aboard, an emergency official said. Several charred corpses could be seen in the rubble of a building damaged by the crash, as firefighters searched for survivors and pulled a dead body from the wreckage.

Nigeria's Civil Aviation Authority Harold Demuren said that all aboard Sunday's Dana Air flight had died. He did not say how many were on the flight.

The Lagos state government said in a statement that 153 people were on the flight going to Lagos from Abuja.

Yushau Shuaib, spokesman for the National Emergency Management Agency, said there were likely more casualties on the ground, but the number was unknown. He said they were also still trying to get an official manifest on the flight. Sometimes flights in Nigeria issue paper tickets and don't record all passengers via computer.

The plane first crashed through a furniture shop and then into residential buildings in the densely packed neighbourhood. THE ASSOCIATED PRESS

People stand on a wing of a passenger plane that crashed in Lagos, Nigeria, Sunday. JON GAMBRELL/THE ASSOCIATED PRESS

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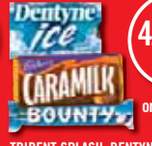

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Sexy safe-driving ads crash, burn with women's advocates

'Bridget'. Face of Halifax Harbour Bridges' ad campaign offending feminist organizations

Some say she's a confident, crime-fighting avenger, devoted to protecting drivers in Atlantic Canada's largest city.

Oh, and she does it while looking good in heels.

But others say "Bridget" — the fictional face of a sexy, safe-driving ad campaign in Halifax — is an offensive stereotype that succeeds only in insulting men and degrading women.

In particular, the campaign has crashed and burned with women's rights advocates, who argue women have for too long been objectified in advertising and the media.

"We were quite surprised and disappointed with the approach," said Irene Smith, executive director of the Avalon Sexual Assault Centre, a feminist organization in Halifax. "It just seems to me that it's offensive to many, many women who've experienced any form of sexual violence or harassment or been subjected to sexist jokes and innuendoes."

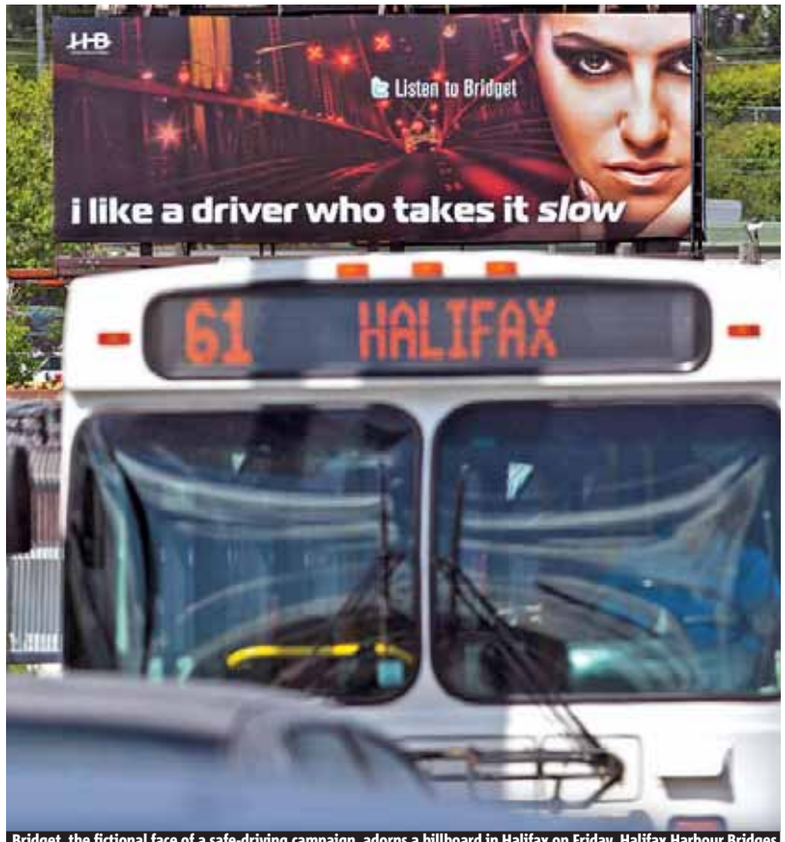
Halifax Harbour Bridges launched the campaign May 14 to raise awareness of speeding, tailgating and texting while driving on the two bridges that span the city's harbour.

"We wanted to have a campaign that's a little humorous, tongue-in-cheek, and we also wanted the messages to come from a person and not an organization," said communications manager Alison MacDonald, adding the commission wanted to get people's attention with "a strong, female character." THE CANADIAN PRESS

Creating a stir

- Among her tantalizing Twitter posts is one telling followers, "You know I like it when you go slow."
- Halifax Harbour Bridges is a commission of the Nova Scotia government, but receives no funding from taxpayers. The $50,000 campaign was funded by bridge tolls, said communications manager Alison MacDonald.

Bridget's smouldering gaze also adorns the so-called bounce pads above the bridges' toll baskets. ANDREW VAUGHAN/THE CANADIAN PRESS



Bridget, the fictional face of a safe-driving campaign, adorns a billboard in Halifax on Friday. Halifax Harbour Bridges launched the campaign May 14 to raise awareness of speeding, tailgating and texting while driving on the two bridges that span the city's harbour. The campaign has received mixed reviews. ANDREW VAUGHAN/THE CANADIAN PRESS

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Interest rate hike? Experts think not

Economic outlook. Friday's report on Canadian GDP showed a 1.9 per cent growth, well below the central bank's April call for a 2.5 per cent advance

Is the next move for Mark Carney to cut interest rates?

The question would have seemed unthinkable a few weeks ago given that the Bank of Canada governor's last pronouncement on the subject was to issue a wink and a nudge about coming hikes.

The signal-sending language — "some modest withdrawal of the present considerable monetary policy surplus may be appropriate" — contained in the April interest-setting statement sent markets into speculation hyper-drive that rates could be heading north as early as the summer. Tuesday's upcoming announcement was never in play and isn't in play now.

Economists are as unanimous as can be that Carney will keep the policy rate moored at one per cent a little while longer. But now the speculation has turned full circle about the nature of the next move, whenever it comes.

"The state of the world is increasingly making clear that a rate hike at this point would be premature," said Avery Shenfeld, chief economist with CIBC World Markets.

The revived crisis in Greece, the growing banking crisis in Spain, unresolved debt problems in Italy and Portugal, had already lengthened the odds on Carney moving this fall, and likely made him regret his April assessment that Europe's crisis had moved from "the acute to the chronic."

But if there was any doubt remaining, Friday's onslaught of weak and very weak data from Canada, the United States, China and Brazil, following a bad output number out of India Thursday, removed it.

Friday's report on Canadian gross domestic product did not show the economy tanking in the first quarter, but at 1.9 per cent growth it was well below the central bank's April call for a 2.5 per cent advance. It now looks unlikely the bank's equally optimistic 2.5 per cent for the second quarter will come to fruition either.

And given the Canadian export sector's reliance on flush U.S. consumers, the miserly gain of 69,000 jobs reported south of the border for May was even a worse signal that the next few months will yield at best craw-speed momentum. China and Brazil also reported soft economic data.

THE CANADIAN PRESS

Economy

Carney's previous signal on interests rates was predicated on the assumption that Canada's growth rate would smoothly expand at about 2.5 per cent throughout 2012, enabling the economy to return to full capacity in the first half of 2013.

Walmart draws stars

Robson Walton, left, chairman of the board of directors of Walmart and son of the late Walmart founder Sam Walton, greets actor Justin Timberlake during the Walmart shareholders' meeting held in the basketball arena at the University of Arkansas Friday. Timberlake hosted the event, arriving in a hula skirt to symbolize a story told about the founder dancing a hula on Wall Street after losing a bet. During the meeting, CEO Mike Duke told the crowd that the retailer is committed to integrity in the wake of recent bribery allegations in Mexico. APRIL L. BROWN/THE ASSOCIATED PRESS

Charity

Buffett hopes lunch auction raises big bucks

Warren Buffett THE ASSOCIATED PRESS

It's true that Warren Buffett hired the hedge fund manager who won the last two private lunches with him that are part of an annual auction, but he doesn't expect the event to become a recruiting tool for Berkshire Hathaway.

Rather, Buffett says it's miraculous that he found one of Berkshire's two new investment managers through the lunch. He offered Ted Weschler a job after he'd paid nearly $5.3 million over two years to dine with Buffett.

Buffett said he just hopes the 13th annual online auction will again raise a significant amount of money for the Glide Foundation, which provides social services to the poor and homeless in San Francisco. THE ASSOCIATED PRESS

Automotive cutbacks

GM closing an Oshawa plant

General Motors is going ahead with plans to close its consolidated plant in Oshawa, Ont. in what its union calls a "disgusting" move. The closure, the union says, will eliminate 2,000 jobs directly.

The plant, which produces the Chevrolet models, was originally scheduled to close 2008. THE CANADIAN PRESS

Border. Higher duty-free limits expected to save shoppers, cost businesses

Canadian bargain hunters and communities within easy reach of the U.S. border are beginning a new chapter in their relationship with U.S. retailers with new rules on duty-free shopping. Cross-border shoppers who could only declare $50 of purchased goods after an overnight trip are now able to bring $200 back home. For people on a jaunt of between two and seven days, the limit has doubled to $800. THE CANADIAN PRESS

Trade. Premiers demand compensation if Ottawa concedes to EU demands

The provincial premiers have undertaken a letter-writing campaign to demand compensation from the federal government for any increase in drug costs that might come of a free trade agreement with Europe.

B.C. Premier Christy Clark says she and other premiers have each written to Ottawa urging federal negotiators not to agree to anything that would drive up the cost of pharmaceuticals.

Among the European Union's demands are an extension of brand-name patents for up to five years to compensate companies for time tied up in bureaucratic approvals.

They also want to extend the time that a brand-name company's recipe for a drug would remain secret from companies trying to make knock-offs.

And while Ottawa has not yet formally agreed to any of the demands, it has not ruled anything out either — leaving many political insiders, as well as trade experts, to suspect the federal government will bend to at least part of what the EU is asking for. Behind the scenes and in public, several provinces are ramping up their campaign to fend off European demands.

THE CANADIAN PRESS

Quoted

"The premiers are all concerned about the impact that it could have on pharmaceutical drugs and the cost of pharmaceutical drugs."

B.C. Premier Christy Clark

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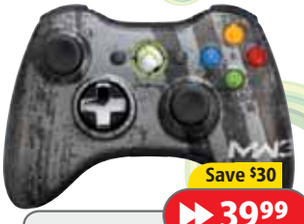

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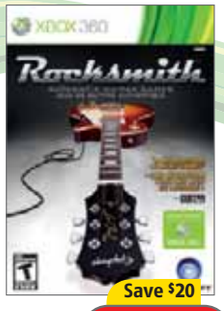

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CROSS-BORDER SHOPPER? GUILTY AS CHARGED

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

You know it's wrong.

You know it threatens Canadian jobs, the economy, even our sovereignty, but you do it anyway.

Every weekend you and thousands of your fellow bargain hunters line up at Peace Arch or one of the other Lower Mainland border crossings and take your business to Bellingham or Burlington or Blaine.

Even though you know it's wrong, how can you resist that magnificent brick of cheddar cheese at a third of what it costs in Vancouver?

Or those running shoes that cost $145 in Vancouver, but are "only" $106 in the States. Or that big screen TV where you can get more acreage for less money in the land of the (might as well be) free.

Now it's even better, er, worse, because new rules make it possible to bring back $200 in booty even if you stay less than 24 hours. That's a lot of cheese. And if you stay longer than 48 hours, you can buy the whole Tillamook cheese factory.

With prices about 14 per cent cheaper across the border, how can you not touch all the necessary retail bases? Target, Trader Joe's, Costco, Walmart, repeat as necessary. No wonder Canadian retailers are reduced to standing by the highway, their thumbs out, ignored. The Bank of Montreal believes that at least 10 per cent of Canadian retail action has literally gone south, and our own government in Ottawa seems to be encouraging it. That's about $40-$50 billion directly off the top of the retail economy. Now there's something to declare.

Oh, you may know that Canada has a stable dairy industry because the practice of supply management matches supply to demand, thereby keeping the price to farmers stable. The rest of the world complains that Canada moos out of both sides of its mouth when it comes to dairy — on the one hand we want free trade, on the other, Canadian dairy farmers are protected from cheaper U.S. or European dairy imports.

But you don't care about that when you're at Trader Joe's and a big old chunk of Parmesan costs half of what it does in Canada.

Retailers blame wholesalers. Wholesalers blame the weather or the markets or the entrails of a free-range chicken, but whatever the reason, stuff is cheaper and better (more variety) in Bellingham than it is in Vancouver, so it's cross the border we go, ho-ho.

All this cross-border stuff gives me an idea. I'll buy a strip mall in South Surrey and rename it Bellisfairlyclose. I'll change the names of all the stores to Trader Jim's and Targé. And I'll sell everything for at least 14 per cent less than the lowest price anywhere else in the Lower Mainland.

And then I'll take bets to see how long I last.

China

Hero bus driver dies days after saving passengers' lives

Chinese are hailing a bus driver who maintained control of his vehicle and ensured passengers' safety despite being struck by a chunk of iron that smashed through his windscreen while driving a bus near Beijing last week.

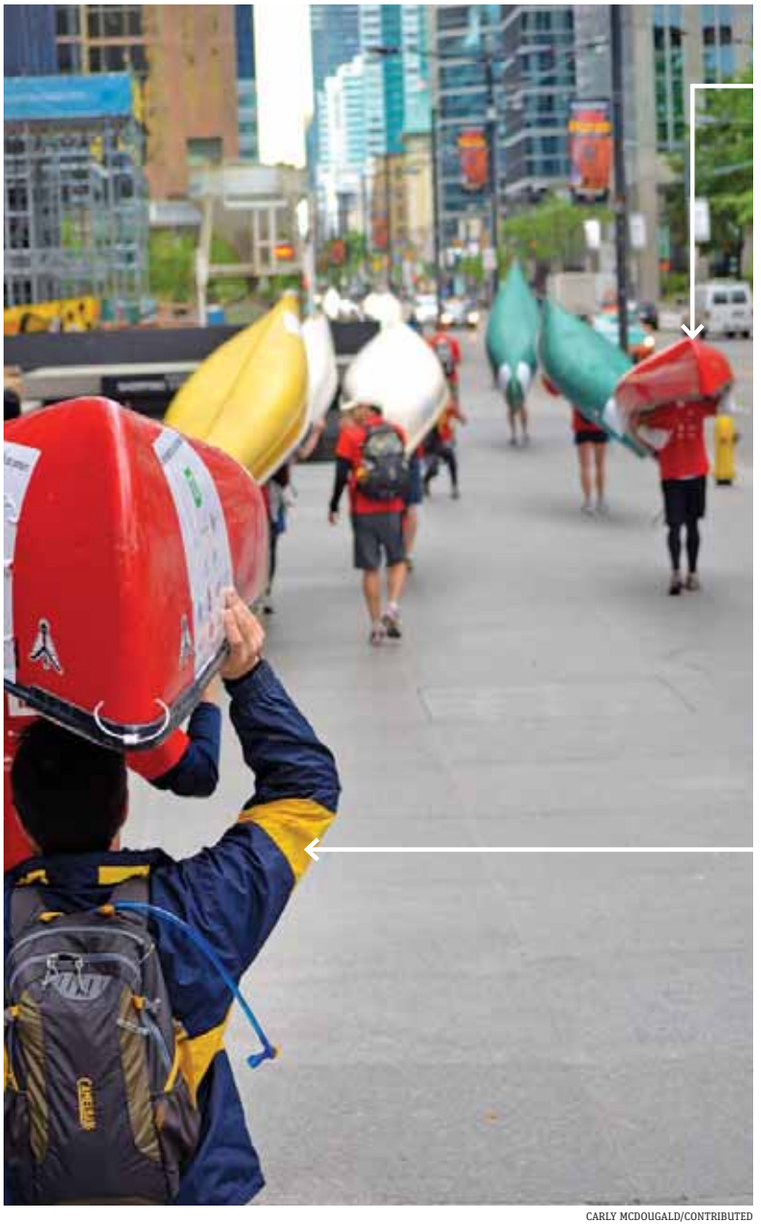
Wu Bin ultimately died of his injuries from Tuesday's freak accident, but not before braking, shifting gears and telling passengers not to wander onto the highway. His hometown of Hangzhou in eastern China has praised him as a hero and a role model.

Dramatic security camera footage broadcast Sunday on state television showed the object hitting Wu and his calm handling of the situation, despite being in obvious pain. Wu died Friday.

China has a history of praising acts of selflessness and courage to inspire responsibility in an increasingly competitive and sometimes callous society.

THE ASSOCIATED PRESS

Heigh-ho heigh-ho, it's off to camp they go



CARLY MCDOUGALD/CONTRIBUTED

Carrying it for the kids

City portage helps less fortunate

TORONTO. One hundred camp enthusiasts strapped canoes to their backs and embarked on a gruelling 40-kilometre paddle and portage over the weekend for the fifth annual Canoe Heads for Kids event, which raised $60,000 to send kids from low-income families to summer camps through Amici Camping Charity.

METRO

Portagers on the trek. CONTRIBUTED

Paddling for dollars

- The money raised in the event will send 60 children to camp for two weeks.
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- Combined with its other fundraising initiatives, Amici will send 150 children to camp for two weeks in 2012.

Fraser Valley University students get a teaching lesson in the Caribbean

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Who says soccer is just a kick in the grass?

Recently, children on the tiny Caribbean island of Antigua got lessons in teamwork, decision making and active listening — all during a rousing soccer match led by Canadian undergraduate students, who in turn got lessons in the power of physical education.

Student volunteers from the University of the Fraser Valley were led by kinesiology instructor Joanna Sheppard, founder of UFV's Champions for Health Promoting Schools program, which sees Canadian students teach alongside Antiguan educators on a four-week stint, inside and outside the classroom. The trip culminates with the Unity Games: "a Canadian sports day with a twist," says Sheppard.

"Physical activity stations are set up that promote life skills such as team work, problem solving, decision making, and self-esteem."

After the events, the volunteer team led Antiguan students in a reflective exercise to help them understand the values and skills they'd developed. A sports event that promotes life lessons over team rivalries? How Canadian.

CRAIG AND MARC KIELBURGER

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2 SCENE

Corey Hart's comeback a point of 'pride' for singer

Remix. Sunglasses at Night singer gets inspired to remake Truth Will Set You Free and bring its gay-positive message to the forefront

If you go...

- **The performance.** Hart's Toronto show will take place June 30 — a free, open-air festival gig with the capacity to squeeze in 3,000 fans.

When Corey Hart included Truth Will Set You Free on his 1988 album Young Man Running, few among his legions of fans likely realized that the song was intended as a gay-positive anthem of affirmation for anyone struggling with his or her sexuality.

For one thing, the Montreal-born pop star wanted it that way. He was intentionally cryptic in the lyrics of the soaring tune, couching the true meaning of its be-yourself-at-all-costs mantra in subtext. The reason for the secrecy? Hart wanted to protect the close friend who had inspired the song, someone whose sexuality was a source of self-doubt and pain.

Now, Hart is issuing a dance floor-friendly remix of the tune, one which swaps the contemplative soft-rock of the original for an icy club groove and pulls those themes that coursed under the original's surface to the fore with new lyrics inspired, in part, by the 1998 murder of gay university student Matthew Shepard.

And to make positively sure those newly prominent themes resonate, Hart — who willingly receded from the musical spotlight to raise his children — will mark his first Canadian performance in a decade during Toronto's Pride festival.

"The gay aspect of this song was an important message that I wanted to send out there, especially being a straight man — I thought it was important to say this," he added.

But it certainly wasn't a typical journey to get to this point.

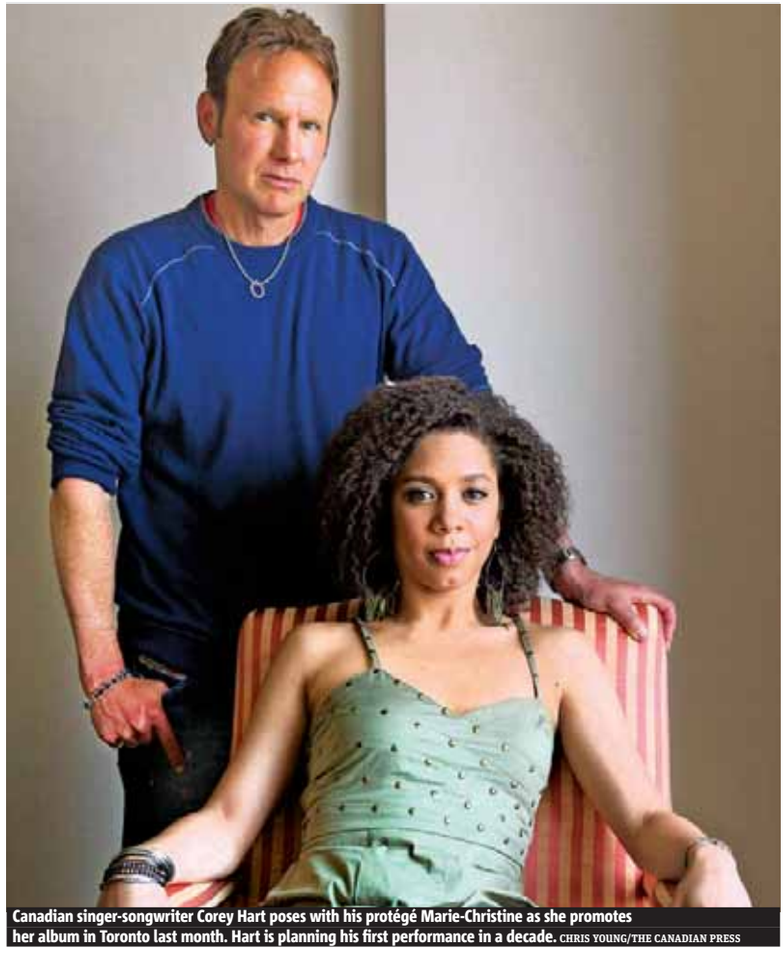
The idea to re-record his 24-year-old song began with an unsolicited email request from a DJ whom Hart had never heard of. 1Love — whose real name is Paul Todd — wasn't writing in regard to either Sunglasses at Night or Never Surrender. Hart was intrigued, but it wasn't until he got to know Todd that he became persuaded to revisit the track.

Todd was just a music lover from Kingston, Ont., who was driving a cab at night to support his four kids.

Perhaps more important to Hart was the opportunity to re-record his vocals with new lyrics.

"I felt (it was) necessary to take the song much further than I had in 1988," Hart said.

THE CANADIAN PRESS



Canadian singer-songwriter Corey Hart poses with his protégé Marie-Christine as she promotes her album in Toronto last month. Hart is planning his first performance in a decade. CHRIS YOUNG/THE CANADIAN PRESS

Box office

Snow White is the fairest of them all

Snow White & the Huntsman triumphed at the weekend box office. According to studio estimates Sunday, Universal Pictures' action yarn inspired by the fairy-tale princess debuted strongly at No. 1 with $56.3 million domestically. That's about $20 million higher than industry expectations. Snow White bumped Sony's Men in Black 3 from the top spot and into second-place with $29.3 million. The Will Smith-Tommy Lee Jones sequel raised its total to $112.3 million after two weekends. Disney's superhero sensation The Avengers remained strong at No. 3 with $20.3 million, lifting its domestic total to $552.7 million. The Avengers climbed past The Dark Knight at $533.3 million to become No. 3 all-time on the domestic revenue chart, behind Avatar at $760.5 million and Titanic at $658.5 million.

THE ASSOCIATED PRESS

On the web

Chefs and restaurateurs: What's on the playlist almost as important as what's on the menu

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The Word

We're finally worried about Charlie Sheen

THE WORD
Monica Weymouth
scene@metronews.ca

Brooke Mueller has landed herself back in rehab, but the situation might not be as bad as it seems.

Despite a history of drug abuse and saying "I do" to Charlie Sheen, the sometimes-actress' lawyers say the stay is a perfectly routine "pre-planned event," and that reports of a crack-cocaine binge with her ex-husband are entirely false.

For his part, Sheen doesn't know who he agrees with just yet — but that doesn't mean he won't attempt to talk about it.

Here's his statement on the matter to TMZ: "I can't speak to anyone's opinion or judgement. I was there, they were not, their tepid hearsay is a baseless static drone.

"A mantra, their theme. I refuse to be held hostage by their 'constitutional' privilege, to judge those who can and who do. nabobs. CS"

It took a while, but we are finally confused by the choices of Charlie Sheen. This man is a professional Drunkest Guy Last Night, and yet this is the statement he releases?

Charlie, this is familiar territory: sleep in, take a shower, throw on a little bronzer and surface in gym clothes with a leafy bag from Whole Foods. This showing-up-to-breakfast-in-sunglasses stuff is for amateurs.

Has he learned nothing?

When asked who will play him in the inevitable biopic, Bill Clinton generously settled on George Clooney during an interview on Piers Morgan Tonight.

Now, as for Hillary? He'd like to cast Meryl Streep.

We think this was a compliment, but Bill, trust us: assuming you're still around for a next time, the answer you are looking for here is "Angelina Jolie, Charlize Theron or a young Heidi Klum."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leonardo DiCaprio

Leo DiCaprio better off without Baywatch: Hasselhoff

Baywatch may have been a huge success for David Hasselhoff, but he thinks at least one movie star is better off for not getting a part on the series. Leonardo DiCaprio auditioned for the role of Hasselhoff's son — a part that eventually went to Jeremy Jackson — according Movieline.

"You know what, it was the best thing to happen to Leonardo DiCaprio," Hasselhoff says. "I saw Leonardo DiCaprio and I said, 'You know what, that was the best thing that ever happened to you! You would have never gotten Titanic and have been this big star. You'd be like Jeremy Jackson and David Hasselhoff, looking for work.'"

Justin Bieber

Justin Bieber takes a backstage tumble

Justin Bieber is recovering from a possible concussion and a bruised ego after walking into a glass wall backstage at a Paris concert, according to TMZ. The singer returned to the stage to finish his set, but he reportedly lost consciousness briefly backstage after the show. Local doctors diagnosed him with a concussion. Bieber is taking it well, though, posting on Twitter, "Just smacked my head and needed some water. All good. I'm Canadian. We are tough." This isn't the first time Bieber has been fooled by the translucent nature of glass walls and doors. Online video clips show him walking into the glass partition of a revolving door in 2010 and a glass wall at a radio station office later that year.

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3 LIFE

Budgeting

Got a big family? Here's how to save time and money

Have a daughter? Don't cut her bangs. Once you start cutting bangs, you're a slave to trimming them.

Don't buy bikes with white wheels. If you get your princess a pink bike with white wheels, little brother may be reluctant to take it on when sister outgrows it. Sacrifice glitter and ribbons for a good hand-me-down situation.

Have your babies close in age. This year, I had three kids on the SAME hockey team. This means only one rink at one time.

Don't cheap out on big-ticket items. If you buy your first kid a cheap bike, it's not going to get through the rest of your clan. You're better off buying top-quality baby products and sports equipment.

JULIE COLE/YUMMYMUMMYCLUB.CA

Having lots of kids means lots of opportunities to save. ISTOCK IMAGES

Arts & crafts

Father's Day gift: The 52 Reasons I Love You Jar

Looking for the perfect Father's Day gift? The 52 Reasons I Love You Jar is a great idea! This is a three-ingredient activity that kids can make as a gift for Dad — that keeps giving.

Grab a jar, paper and crayons. Have your child write out 52 hand-written notes using the prompt "I love you because …" (I love you because you take me to soccer, I love you because you tell fart jokes, I love you because you read to me ...)

Drop them into the jar. Dad can choose one note each week for the next year. This activity gives kids an opportunity to think about why Dad is special. It's a great way for kids to practice handwriting and brainstorming. And it's free!

CAROLINE FERNANDEZ/YUMMYMUMMYCLUB.CA

Health

Caesarean births linked to child obesity

New research published in the Archives of Disease in Childhood claims that C-sections may double the risk of childhood obesity. Big news, considering that around one in three babies are born this way in Canada.

The study followed 1,255 mothers and babies between 1999 and 2002. The babies were weighed at birth, six months and age three. Around one in four were C-sections, and those babies tended to weigh more than those from vaginal births.

JULIE GREEN YUMMYMUMMYCLUB.CA

On the Web

Global cancer cases to rise 75 per cent by 2030 as developing countries adopt bad habits from West

When yes is better than no

First response. Saying no comes naturally when children ask for anything outside of the master plan, but it can stifle development

JENNIFER KOLARI
yummymummyclub.ca

"Mommy, let's have a picnic lunch under the dining room table.

"Why would we do that when we have a table?" I said without even looking up from my emails and piled-up paperwork.

"Why not?" asked my daughter.

I tore myself away from the screen to look at her. She was flushed with excitement. Even the ends of her hair seemed to be electrified as she bounced from foot to foot, imploring me with her cockeyed smile

"Sure, let's do it!" I said.

She was surprised by my answer. We ate, played games and giggled, and I was a much happier woman than I would have been had I remained hunched over my computer.

"Thank you," I said to my daughter.

"For what, Mommy?"

"For taking me on a picnic," I said. "Well, you should thank yourself, too. You're the one who said yes."

Parents usually go to "no" as a first response when their children ask for anything outside the master plan.

"No, I don't want you to build a cushion fort in the living room right now; it makes a huge mess."

I've done it. But if a child wants to build a fort or engage in any other activity that promises a transient mess, why not let him or her?

Your little one has an idea and exploring ideas is such an integral ingredient of our kids' development. How else are they going to figure out what works or how to solve their own problems?

Saying "no" comes naturally because we think doing so is without consequences. We're wrong.

Not only do we limit our children's personal possibilities, we also compromise many opportunities to bond with them and to show them a different side of ourselves.

So, next time, consider going straight to "yes." I guarantee the experience will be as satisfying and memorable for you as if you had planned the whole thing yourself.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Exploring ideas is an integral part of our kids' development. ISTOCK IMAGES

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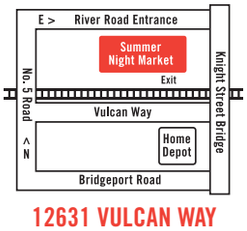

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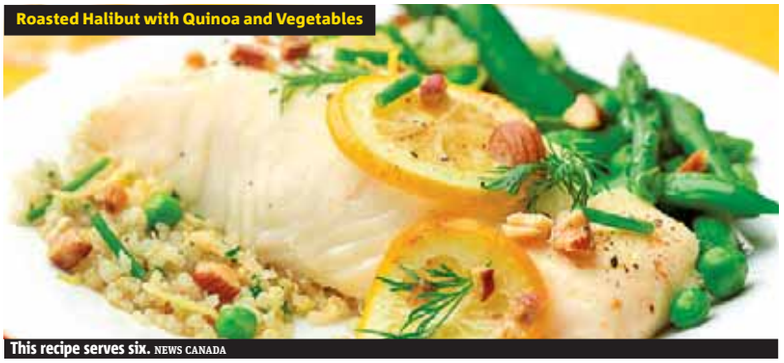
Hearty halibut is a perfect match for spring veggies



Roasted Halibut with Quinoa and Vegetables

This recipe serves six. NEWS CANADA

1. Place quinoa in a rice cooker with 750 ml (3 cups) of water. Cook until tender and fluff with a fork.

2. Meanwhile, bring a large pot of salted water to a boil and prepare a bowl with ice water. Blanch asparagus, snap peas and sweet peas by placing them into the boiling water for about 1 minute for each batch. Strain and remove to ice water for another minute to stop the cooking. Drain and set aside.

3. Remove quinoa from rice cooker, place in a large bowl and mix with oil, chives, tarragon and lemon rind. Season with salt and pepper.

4. Season halibut with salt and pepper and place on a parchment-lined baking sheet. Place a sprig of dill on each piece of fish; layer each with 3 to 4 lemon slices and top with 5 ml (1 tsp) of the butter. Splash with white wine and bake, uncovered, in centre of 190 C (375 F) oven for about 7 minutes.

5. Brown remaining butter in a pan over medium-high heat. Add lemon juice and blanched vegetables and toss quickly. Season to taste and add toasted almonds to vegetables. To serve, arrange quinoa and fish on a plate and spoon vegetables around and over the fish.

Ingredients

- 500 ml (2 cups) yellow quinoa, rinsed
- 500 g (1 lb) asparagus, stalks cut into 6 pieces on bias
- 1 l (4 cups) sugar snap peas, each cut into 4 pieces on bias
- 500 ml (2 cups) shelled green sweet peas
- 90 ml (1/3 cup) olive oil
- 30 ml (2 tbsp) finely chopped fresh chives
- 30 ml (2 tbsp) finely chopped fresh tarragon
- 2 ml (1/2 tsp) grated lemon rind
- Salt and pepper
- 6 halibut fillets (each 150 g/5 oz)
- 2 sprigs fresh dill
- 2 lemons, thinly sliced
- 125 ml (1/2 cup) unsalted butter
- 50 ml (1/4 cup) white wine
- 30 ml (2 tbsp) lemon juice
- 250 ml (1 cup) toasted crushed whole almonds

NEWS CANADA/ADAPTED BY EMILY RICHARDS, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Healthy eating

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Smoothies are a natural choice when the mercury starts to rise. But make sure what you're choosing to help you cool off isn't fattening you up.

Cold Stone Creamery Mango Pineapple Smoothie

510 calories/ 115 g carbs
More than 500 calories and half your carbohydrates for the day is excess for a beverage. Mangoes are higher in calories than other fruits.

Equivalent

This is equivalent to almost four butter croissants from Starbucks in carbs.

Cold Stone Creamery Blueberry Pineapple Smoothie

360 calories/ 78 g carbs
Blueberries are one of the lowest-calorie fruits, which makes for a more controlled beverage. Consider the smaller "like it" size.

Catfish scaloppine teams up with tomatoes

1. Place tomato slices on an ovenproof platter. Sprinkle with salt and pepper; drizzle with vinegar and set aside.

2. Place flour into a shallow dish. In a second shallow dish, whisk eggs with water. Place bread crumbs in a third shallow dish. Dip each catfish fillet into flour, shaking off excess. Dip into egg mixture followed by bread crumbs, pressing to coat well; place fillets onto plate.

3. In a large skillet, heat oil over medium-high heat. Cook fillets for about 5 minutes per side, until deep golden brown and fish flakes easily when tested with a fork. Place fish fillets onto tomatoes and place platter in the centre of a 160 C (325 F) oven to keep warm.

4. Garlic Basil Sauce: Wipe out any excess oil from skillet and add butter. Return to medium heat and let butter melt and brown slightly. Immediately add garlic and basil and swirl in the pan or stir continuously to prevent from burning. As garlic softens and basil become crisp, add lemon juice and stir ingredients until combined.

5. Remove pan from heat. Remove catfish and tomato platter from oven. Pour sauce over fish and serve.

NEWS CANADA/ADAPTED BY EMILY RICHARDS

Ingredients

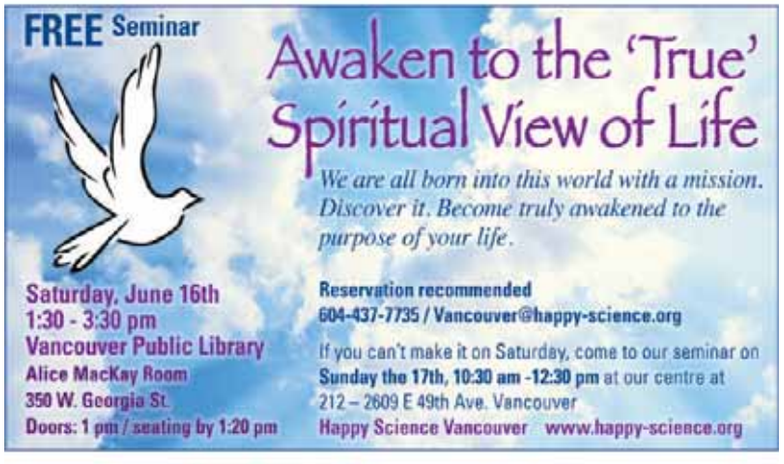
- 1 large tomato, cut into 4 slices
- Salt and freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar
- 125 ml (1/2 cup) all-purpose flour
- 2 eggs beaten with 15 ml (1 tbsp) water
- 250 ml (1 cup) panko crumbs
- 2 catfish fillets (each 175 g/6 oz), pounded into scaloppine
- 30 ml (2 tbsp) olive oil

Garlic Basil Sauce:

- 30 ml (2 tbsp) butter
- 6 to 8 cloves garlic, sliced
- 6 fresh basil leaves
- 15 ml (1 tbsp) fresh lemon juice

Catfish Scaloppine with Garlic Basil Sauce

This recipe makes two servings. NEWS CANADA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The houses that Elio built

Giving something back.
Generous entrepreneur one day decided to use wealth to aid those stricken by poverty

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Elio Madonia was strolling with his wife while on vacation in the Dominican Republic when he turned down the wrong street and walked into a poverty-stricken neighbourhood.

Elio gives his two cents

"We work a lifetime to acquire wealth. Then we look back and say, 'Is this all there is to life?'" All this experience, talent, skill and knowledge is now wasted on the golf courses of the world."

Elio Madonia

Elio Madonia, seen here on the far left, presents a house to a family in need along with a group of donors who helped to build it.

"I pointed my finger at God saying, 'Why do you allow this to happen?' At one point I heard a voice speaking to me. 'If you are really concerned, why don't you do something for them?'"

Elio was a pillar of the Italian community in Toronto and had recently sold his interest in several beverage companies.

He was also newly retired. The mayor of the town donated a piece of land and Elio went to work, building 25 new homes for the families he had met. That was in 1990.

Today, Madonia and The Samaritan Group have built and donated 10 villages filled with 1,200 homes, six schools, five medical centres and 12 churches.

"We work a lifetime to acquire wealth. Then we look back and say, 'Is this all there is to life?'All this experience, talent, skill and knowledge is now wasted on the golf courses of the world.

"Help those in need and leave a legacy that will influence the world."

Guide to life

Elio's personal mottos:

- Put God first at all times and in all things. You will discover that this is true wisdom.
- Let love motivate everything you do.
- In all relationships follow the golden rule: As you would like others to do to you, do likewise to them.
- In all dealings let fairness prevail.
- At all times protect your good name (reputation) for it is worth more than gold.

Visit: thesamaritanfoundationdr.com

Benefits of green roofs include lower cooling costs and minimizing rain-water runoff ISTOCK PHOTO

Raising the roof: What green top would best suit your household?

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are some green roofing options?
Shannon of Calgary

First, dispose of the old roofing materials. I'm guessing you have asphalt shingles.

In Canada, about 1.25 million tonnes of asphalt-based roofing materials are discarded each year. But asphalt shingles are recyclable. Before you hire a roofing contractor, ask if your old shingles will be recycled. For smaller do-it-yourself jobs, look for a construction waste recycling depot near you.

Benefits of metal roofs:

• Recyclable and often made with recycled content (steel and aluminum)
• Highly durable, up to 100 years but the screws will only last 25 years
• Can be installed over asphalt shingles
• Reflect more energy = lower cooling costs in summer
• Ideal for water collection; i.e., rain barrels

Avoid copper roofs, which take a lot of energy to make and create pollution. Also avoid zinc to treat rust; instead, request a powder coating. Finally, ensure your aluminum roof has a baked-on resin that meets national drinking water standards to avoid contaminating runoff.

Benefits of recycled rubber roofs:
• They're often made from old tires!
• Very durable (50 years)

The biggest problems are off-gassing, contamination of rainwater and heat absorption from the black colour (increasing your cooling bill in summer).

Benefits of green roofs (plants growing over a waterproof membrane):

• Lower cooling costs by 50 to 90 per cent
• Minimize rainwater runoff
• Act as a carbon sink
• Reduce the urban heat island effect (cities regularly reach higher temperatures than the surrounding landscape because of the extra solar energy they absorb)

Today, this is cost prohibitive for most homeowners — starting at $18 a square foot. However, they are becoming more popular on commercial buildings with flat roofs due to their insulating properties, durability, stormwater mitigation and more.

With time running out, keep an open mind about what weeks to send your children to summer camp. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Still time to find a camp

Last-minute guide.
Ask around and use resources to choose the right destination

ASTRID VAN DEN BROEK
For Metro

What? You weren't ultra-organized and didn't have all of your summer camp registrations in by the end of January? No, you were probably like the rest of us … waiting until school is nearing a close to determine what to do with your kids this summer. And with four weeks and counting until it's no more teachers, no more books, here is how to find a camp at the (relatively) last minute.

USE RESOURCES

Not sure where to find a camp? Not only does the Canadian Camping Association's website (ccamping.org) help connect you to various camps in your region, it also guides you to your local camping associations such as the Camping Association of Nova Scotia (campingns.ca) and B.C. Camping Association (BCcamping.org), which have a list and/or a searchable database to find credited and non-accredited camps near you.

Looking to go out of province? Ontario Camps Association (ontariocamps.ca) has a searchable database that also lists availability.

ASK AROUND

Also, ask parents or teachers at your child's school about available camps — some teachers run summer day camp programs during their off-season.

CHANGE YOUR TIMING

Keep an open mind about what weeks to send your child to camp, suggests Mike LeDuc, general manager of Big Cove YMCA Camp in Pictou Co., N.S., and president of the Camping Association of Nova Scotia.

"There are certain times that residential camps are very, very popular and they might be filled up — for us, late July/early August is pretty much full," says LeDuc.

"But we still have spots available for the other times throughout the summer."

It never hurts to call a camp to ask about availability, suggests Michele George, interim executive director for the Edmonton-based Alberta Camping Association.

"If their programs are full, they may suggest other options," George says. "You may wish to review the geographical location or length of camp you are considering, or think about the vast selection of day camps if your residential camp choices are full. And if your child has a friend already booked into a camp, it may be possible for them to attend as well."

Summer reading list

Indigo recommends some of these books for your children to take on their summer camp experience:

- Judy Moody and the Not Bummer Summer by Peter H. Reynolds ($18)
- Cinder by Marissa Meyer ($19.99)
- Fear by Michael Grant ($19.99)
- Insurgent by Veronica Roth ($19.99)

Change a child's life

- Coffee drinkers, mark your calendars and get ready to show you care about kids in your local community. This year's Tim Hortons Camp Day — the annual fundraiser that sends economically disadvantaged kids to camp — will take place Wednesday.
- On Camp Day, Tim Hortons restaurant owners generously donate all proceeds from coffee sales to the Tim Horton Children's Foundation (THCF), helping send more than 15,000 kids each year on an unforgettable, life-changing, fun-filled camping adventure that will inspire them for years to come.

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SPORTS

French Open

"I'm not worried. I'm just hoping that I can wake up tomorrow morning knowing that I'm in the quarter-finals. Forget this match today. Take the best out of it, which is that I'm proud I've been fighting, coming from two sets down."

Top-seeded Novak Djokovic, who survived an early scare for his third-career comeback from two sets down to post a fourth-round victory over 22nd-seeded Andreas Seppi of Italy, 4-6, 6-7 (5), 6-3, 7-5, 6-3. Across the way from Djokovic, at Court Suzanne Lenglen, Victoria Azarenka got off to a similarly bad start, except she never recovered — and wound up with a 6-2, 7-6 (4) loss to No. 15 Dominika Cibulkova. David Goffin, in the draw as a "lucky loser" after falling in qualifying, found himself with a one-set lead against none other than his childhood favourite, Roger Federer, before falling 5-7, 7-5, 6-2, 6-4. At the end, the 21-year-old, 109th-ranked Goffin got a hug from the 16-time major champion that left him smiling.

THE CANADIAN PRESS

On the web

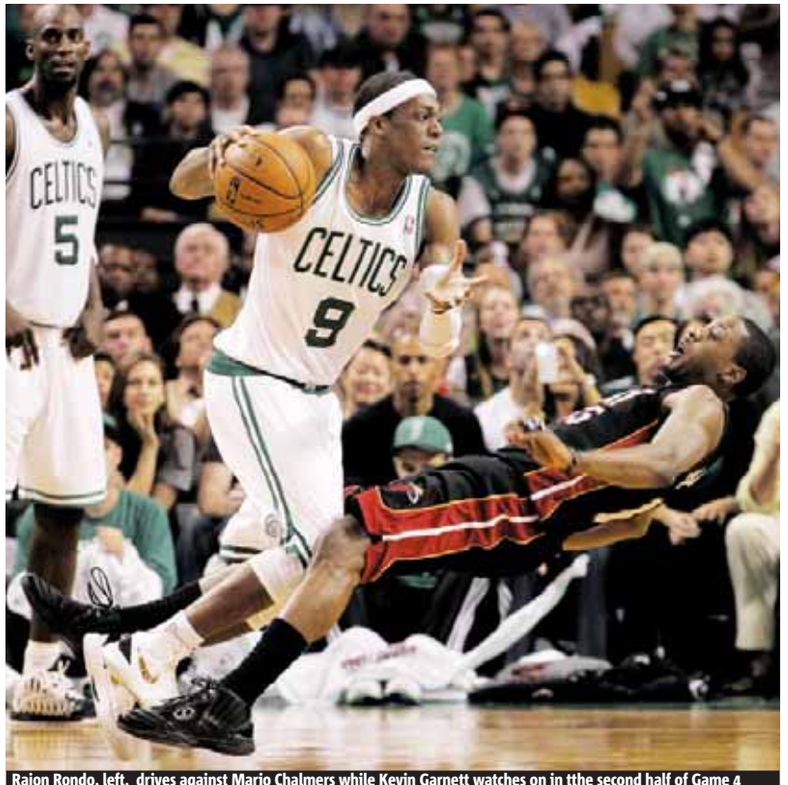
Playoff beards are still in, though facial hair is all over the map at this Stanley Cup. Scan the code to find out which player in the final is king of the growth and who is opting for a clean-shaven look.

Rondo's hot hand draws Celtics even with Heat

NBA. Boston and Miami go to overtime for second time in conference final

Game 4

Celtics	Heat
93	91



Rajon Rondo, left, drives against Mario Chalmers while Kevin Garnett watches on in tthe second half of Game 4 Sunday in Boston. JIM ROGASH/GETTY IMAGES

Rajon Rondo had 15 points and 15 assists, and scored the final three points of the Boston Celtics' 93-91 overtime victory over the Miami Heat on Sunday night that evened the Eastern Conference final at two games apiece.

Getting a huge break when LeBron James fouled out for the first time since joining the Heat, the Celtics recovered after blowing an 18-point lead in regulation to move two games away from a third trip to the NBA finals in five years.

Kevin Garnett added 17 points and 14 rebounds for the Celtics, while Paul Pierce scored 23 points before fouling out. Ray Allen finished with 16 points.

"Stops," Rondo said when asked what was the difference in the tight game. "I think we executed offensively, came up with some lucky plays and we got stops at the end."

James had 29 points and Dwyane Wade scored 20 after another dismal start for the Heat, who host Game 5 on Tuesday.

In a game that started as a Celtics blowout and turned into a foul- and tension-filled fourth quarter, followed by the second overtime in this series, the Celtics held on when Wade missed a potential winning 3-pointer on the last possession.

"We knew they were going to Wade. I wanted to check him," Rondo said. "They set a great pick.... We're lucky we got a stop."

Mickael Pietrus drew James' sixth foul and grabbed two huge offensive rebounds that extended consecutive possessions for the Celtics, who lost Game 4 in overtime in a second-round series against the Heat last year with a chance to tie the series.

This time, they overcame their second-half stall on the offensive end by limiting the Heat to just one basket in overtime, by Udonis Haslem.

THE ASSOCIATED PRESS

Lions coach relishing first CFL head coach opportunity

After about 25 years of hard work and sacrifice, Mike Benevides finally got to run a CFL team's training camp as a head coach Sunday.

The opportunity was not lost on the new B.C. Lions coach as he put veterans and rookies through the first of two workouts.

"It means a lot," said Benevides at their Thompson Rivers University training camp following the first of two workouts. "It means all the vision, all the thoughts, all the process you've thought about ... come to fruition. I have a tremendous sense of pride. I have a tremendous sense of responsibility, because the job at hand is to enable the staff to create a championship environment and (give them) the ability to teach players to get where we want to be and create that family atmosphere that we want to create."

The 45-year-old from Toronto was promoted to head coach from defensive co-ordinator after Wally Buono relinquished his coaching duties following the Lions' improbable Grey Cup triumph following a 0-5 start. Buono has retained his general manager duties and received a vice-president title.

Benevides has 24 years of coaching experience, but this marks the first time he is serving as a head coach at any level. He honed his craft first at his former Central Tech high school in inner city Toronto and the Canadian university ranks before spending 12 seasons as a CFL assistant. THE CANADIAN PRESS

Mike Benevides
THE CANADIAN PRESS/RICHARD LAM

Golf

Woods matches Nicklaus for wins

Tiger Woods picked the right place to match Jack Nicklaus for career PGA Tour wins, and with a shot that even left Nicklaus amazed.

Two shots behind with three holes to play, and his ball in an impossible spot behind the 16th green, Woods holed a flop shot from 50 feet away that turned bogey into birdie and sent him on his way to a stunning comeback Sunday in the Memorial.

It was his fifth win at Muirfield Village, and the 73rd of his PGA Tour career to match Nicklaus at No. 2 all-time. Sam Snead won a record 82 times.

THE ASSOCIATED PRESS

NHL

Bruins goalie taking year off

Boston Bruins goaltender Tim Thomas says he'll sit out next season.

"At the age of 38, I believe it is time to put my time and energies into those areas and relationships that I have neglected," Thomas said on his Facebook page Sunday.

THE ASSOCIATED PRESS

Tim Thomas THE ASSOCIATED PRESS

IndyCar

Scott Dixon wins shortened race

Scott Dixon won IndyCar's Detroit Grand Prix that was marred by poor track conditions that stopped the race for a little more than two hours on Sunday.

THE ASSOCIATED PRESS

Soccer

Canada holds U.S. to a draw in friendly

Canada's men national team played the United States to a 0-0 draw Sunday at BMO Field in Toronto in an international friendly.

The Canadians were on the pitch together for the first time in more than three months as they prepare for the next phase of qualifying for the 2014 World Cup.

THE CANADIAN PRESS

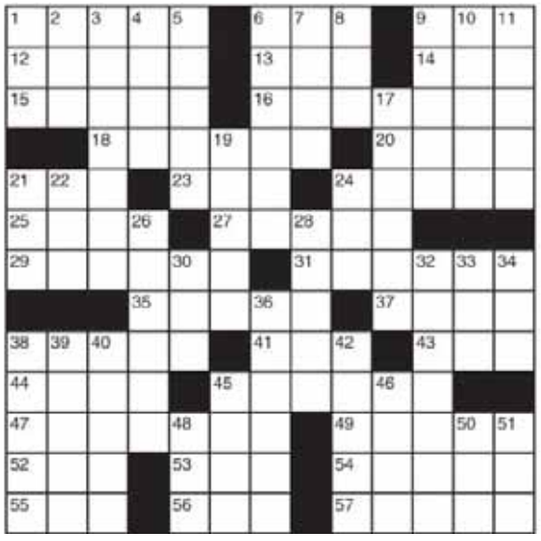
Crossword

Across

1 Azure gem
6 Gear tooth
9 Jungfrau, e.g.
12 Skip a phoneme
13 Rd.
14 Earl Grey, e.g.
15 "Bananas" director
16 Fireplace tool
18 Sailor of India
20 Send forth
21 Past
23 Many millennia
24 Talkative
25 Layers
27 Founded
29 Acceptable
31 A little lower?
35 Giraffe's cousin
37 Memorandum
38 Kitchen fixture
41 E.T.'s carrier
43 Felon's flight
44 Desire
45 Wily
47 Hangman's structure
49 Became immobile
52 Expert
53 Water (Fr.)
54 Newsman Newman
55 Roulette bet
56 Catcher's place
57 Oxidizes

Down

1 Meadow
2 Every last crumb
3 Cushions
4 Concept
5 Logic
6 Poolside shelter
7 Finished
8 Toothpaste type
9 Fermi's bits
10 Clark's companion
11 Meat pie
17 Prelude
19 Charmed slitherer
21 Deluge refuge
22 Sticky stuff
24 "Holy cow!"
26 Sandbox toy
28 Work hours
30 — out a living
32 Ensues
33 Greek vowel
34 Sleep phenom
36 Chase
38 Fructose, for one
39 Vestige
40 Looked slyly
42 Bid
45 Vacationing
46 Language of Pakistan
48 "— the ramparts ..."
50 Pimple
51 Type measures



Sudoku

	7		1		3		8	
		4	9		7	5		
8								6
		8		2		3		
9								7
		7		1		6		
7								3
		9	2		8	4		
	8		4		5		1	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's Sudoku

Weekend's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

IWOOTICEH ITOZUET ICPPI QUR GUZZCSR ICEHSZ RTE TZ OQCP, IQS'R KS EUGSR KSFSZPM SFSZPM.

Yesterday's Cryptoquip: WHEN THE FEUDAL BONDMAN GOT OUT OF BED, HIS FELLOW VASSALS MIGHT'VE PROCLAIMED "SERF'S UP!"

Today's Cryptoquip Clue: R equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Someone is about to find out just how much you dislike being taken advantage of.

Taurus | April 21 - May 21. Trust your own abilities, and trust that fate is still on your side.

Gemini | May 22 - June 20. Someone you live or work with seems to be under the impression that each time they do something wrong you will forgive them. It may have been true in the past but it's not true today.

Cancer | June 21 - July 22. Keep tasks to a minimum today and think before you act. Or don't act at all.

Leo | July 23 - Aug. 22. Before you make that purchase ask yourself if you really need it.

Virgo | Aug. 23 - Sept. 22. The planets suggest that little things will be more important than big things today, so focus on the kind of details that others tend to overlook. On the home front especially your keen eye will spot danger quickly.

Libra | Sept. 23 - Oct. 22. Everyone makes mistakes – yes, even a Libra – so put it down to experience and get on with your life.

Scorpio | Oct. 23 - Nov. 21. How do you turn good ideas into cash? That is the problem you will need to resolve over the next few days, but you must not be rash about it.

Sagittarius | Nov. 22 - Dec. 21. Yes, it's true, someone has taken advantage of you, but seeking revenge isn't the answer. Today's eclipse in your sign urges you to forgive those who have done you wrong. But don't forget or they may do it again.

Capricorn | Dec. 22 - Jan 20. The message of the stars for Capricorn this week is that not even someone as driven as you can change the world on your own

Aquarius | Jan. 21 - Feb 18. You must stick with the task or project you are working on, no matter how slowly it may be progressing.

Pisces | Feb. 19 - March 20. Although you are under a lot of pressure at the moment you will find ways to deal with it. Pisces is an adaptable sign, so if one way does not seem to be working for you just try something else.

SALLY BROMPTON

Caption Contest

"Medieval Kenevil Cathedral"
Ryan

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Win!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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